

Commentary

Remember our legacy

By Lt. Gen. Jim Kowalski Air Force Global Strike Command

BARKSDALE AIR FORCE BASE,

La. – During the last weekend of May we honor the men and women who have died while serving in the United States military. It is a day of reflection for all Americans, but Memorial Day holds a special place in the hearts of veterans, those currently serving in the military, and their families.

Each generation's legacy of achievement, courage and sacrifice is a powerful bond between our past, our present, and our future. The lineage of Air Force Global Strike Command is traced to fabled fighting units as VIII Bomber Command, 20th Air Force, and Strategic Air Command. The campaign streamers and citations they earned, both waging war and deterring it, are symbols of the high bar set for our own service today.

Although Global Strike Command has squadrons able to trace their heritage to World War I, our command's history is more firmly fixed in the period just before, and during, World War II; a time when our hunger for innovation quickly found new technologies, doctrines, organizations, tactics, and training. This is when Airmen developed the combat concepts of strategic bombardment, joint operations, and atomic weapons; revolutionary ideas that became the bedrock on which the nation built Strategic Air Command (SAC), the predecessor to Global Strike Command.

The Eighth Bomber Command, known today as 8th Air Force, led the strategic



Lt. Gen. Jim Kowalski, commander of Air Force Global Strike Command

bombardment campaign against Hitler. From May 1942 to July 1945, the "Mighty Eighth" planned and executed America's daylight strategic bombing campaign against Nazi-occupied Europe. A successful campaign with a high price – the Mighty Eighth suffered almost half of the U.S. Army Air Force's casualties including more than 26,000 dead.

At the same time, while supporting the Pacific Campaign, Airmen serving with the Twentieth Air Force also refined the idea of strategic bombardment for their theater and tested new concepts of long-range strike.

Their use of the atom bomb brought the war with Japan to an end. In 16 months of combat operations, 576 airmen of 20th Air Force gave their lives while flying combat missions in Asia and the Pacific.

With the end of WWII, a new threat emerged and SAC's forces provided the credible deterrent to prevent war. But "Cold" did not mean without sacrifice. Between 1947 and 1992, an estimated 2,700 Airmen died in combat, reconnaissance, operational alert flights, or training missions as SAC sent a message of vigilant readiness to the communist bloc.

The human cost of the Cold War period includes 19 Airmen of the 1st Combat Evaluation Group, a Strategic Air Command unit that suffered the largest ground combat loss of life of any Air Force unit during the Vietnam War. Among the fallen at the Battle of Site Lima 85 was Chief Master Sgt. Etchberger who, as recorded in his posthumous Congressional Medal of Honor citation, "deliberately risked his own life, exposing himself to heavy enemy fire, in order to place three surviving wounded comrades into rescue slings." You can read more about the 1st Combat Evaluation Group here: http://www.airforcemag. com/MagazineArchive/Pages/2010/November%202010/1110MOH.aspx.

Please take a moment this Memorial Day to reflect on our shared heritage, share with your children the stories of heroes, and remember those who've gone before and their selfless service for our nation's freedoms. May our own service be the highest tribute to their memories.

THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: Whiteman. Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo. 65305

To advertise in The Warrior, call the Sedalia Democrat at: 1-800-892-7856.

May is motorcycle safety awareness month

HQ Air Force Safety Center Public Affairs

KIRTLAND AFB, N.M. -- May marks the start of Motorcycle Safety Awareness Month when drivers of all other vehicles and all road users are reminded to safely share the road with motorcyclists, and to be extra alert to help keep motorcyclists safe.

Consider these facts from the Texas Department of Transportation:http://www.looklearnlive.org/2013/05/02/motorcy-cle-safety-awareness-month/

- · In 2012, motorcyclists accounted for 14 percent of all trafficrelated deaths in Texas.
 - · 460 motorcyclists were killed in traffic crashes.
- · A vehicle was involved in 50 percent of these fatal motorcycle trashes
- · In over two-thirds of fatal vehicle-motorcycle crashes, the vehicle struck the front of the motorcycle while turning left, usually
- · The driver either did not see the motorcyclist or didn't see the motorcyclist in time to avoid a crash.

Motorists tips:

- · Never drive while distracted
- · Allow the motorcyclist a full lane width. Do not share the lane.
- · Always signal your intentions before changing lanes or merging
- · A motorcyclist can be hidden in a vehicle's blind spot so remember to look, look, then look again.
 - · Allow more following distance four to five seconds.

- · Get trained and obtain a motorcycle operator license.
- · Wear U.S. Department of Transportation- compliant helmets and other protective gear.

Riders tips:

May 2013

- · Stav visible.
- · Ride alert and unimpaired by alcohol or other drugs.
- · Ride within your limits.
- · Be a lifelong learner.

Recently, Whiteman Air Force Base experienced two significant motorcycle mishaps. Fortunately, due to wearing proper personal protection equipment and a lot of luck, both Airmen were not seriously injured.

There is a common factor in both mishaps: Both motorcyclists collided with cars when the driver of the vehicle did not see the motorcycle

The 509th Bomb Wing Safety Office urges all riders to take caution this summer. Constantly survey your surroundings and ride as though you are invisible.

On the cover

Senior Airman Brigitte N. Brantley

Elle Cronk, the great-great-niece of 2nd Lt. George Whiteman, plays at his graveside before the 25th annual wreath-laying ceremony May 18, 2013, in Sedalia, Mo. Nearby Whiteman Air Force Base was named after the lieutenant, who was only 22 years old when he was one of the first Airmen to be killed during World War II.

News The Warrior May 24, 2013

NEWS BRIEFS

Spirit Gate outbound closure

From May 24 to May 27, minor repairs to the barrier system will prevent outbound traffic from exiting Spirit Gate. The barrier is still active and fully operational. Arnold Gate will assume 24 hour operations and Lemay Gate will be open 6 a.m. to 6 p.m. Monday to Saturday. Pedestrian and bicycle traffic will not be affected.

For questions, please contact Staff Sgt. Jen Winkels at (660) 687-6284.

2013 Community Assessment Survey

The 2013 Community Assessment Survey is your opportunity to contribute to community action plans at your base, MAJ-COM and the Air Force!

Starting 5 April 2013, you may be one of those chosen to receive an email invitation to participate in a survey concerning your experiences as a member serving in the Air Force. Sharing your experiences and opinions in this survey is voluntary and will help us improve life for families in the Air Force Active Duty, Reserve components and DoD Civilian workforce.

The survey's subject line will be '2013 Community Assessment Survey (Survey Control Number AF13-141SGHW)' and it will be from afcasurvey@ipsosresearch.com.

If you have questions about this survey, you may contact this survey's POC, Lt Col Wendy Travis at afmoa.communityassessmentsurvey@us.af.mil.

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

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Whiteman Warrior Story Ideas

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment.

To submit an idea, call 660-687-6123, or email whiteman.warrior@us.af.mil

For more news briefs, visit http://www. whiteman.af.mil/news/announcements/index.asp

WEATHER

Touay	Saturday
Sunny	Chance of Storms
Hi 70	Hi 77
Lo 47	Lo 54
Sunday	Monday
01	
Chance of Storms	Chance of Storms
Hi 78	Chance of Storms Hi 78

Attention TriCare Prime beneficiaries:

Due to unforeseen difficulties that have arisen during the transition to United Health Care, the medical referral process has temporarily been changed to ensure the availability of timely medical care for you and your loved ones. It is our goal to make this transition as easy as possible. The previous waiver through May 18 has been extended through June 18. If you receive a referral for specialty care (or have received one since April 1 and have not yet received authorization from UHC), we ask that you stop by the Referral Manage-

ment Center at the 509th Medical Group for assistance with this new process. This will ensure that you receive timely care and that billing is done appropriately. Additionally, our professionals in the Referral Management Center are available to answer any questions you might have. Thank you for your patience during this transition. This interim process covers referrals through June 18.

For more information, call the 509th MDG Referral Management Center at (660) 687-2121.

Diamond Sharp!



U.S. Air Force photo/Staff Sgt. Nick Wilso

Master Sgt. Shawn Cushman, 509th Civil Engineer Squadron First Sergeant, presents the Diamond Sharp Award to Senior Airman Courtney Oldham, 495th Fighter Group assistant A-10 Thunderbolt dedicated crew chief at Whiteman Air Force Base, May 20, 2013. The Diamond Sharp award is the First Sergeants Council's recognition for Airmen who have stood out while performing the mission. Accomplishments that contributed to her receiving the award include contributing 96 hours to Airmen Against Drunk Driving and leading two fundraising events to collect \$830. She also monitored children for Heart Link which enabled new Air Force spouses to attend orientation.

This Week in 509th Bomb Wing History: B-2 anniversaries

David Easley 509th Bomb Wing historian

May 24, 1996: The Air Force decided to upgrade the original B-2 Spirit flight test vehicle (AV-1) to operational status, increasing the B-2 fleet to 21 operational aircraft. The upgrade included new landing gear, a new avionics suite, and modifications to the aircraft structure, fuel system and weapons bay doors. The aircraft would eventually be christened the "Spirit of America."

May 25-26, 1994: The first B-2 pilot combat survival training class was conducted at an area near Truman Lake, Mo.

May 27, 1996: The 10th operational B-2 bomber (tail number 90-0040) was named the "Spirit of Hawaii."

May 29, 1997: A B-2 from the 509th Bomb Wing at Whiteman Air Force Base, Mo.,conducted a separation test of a Global Positioning System-Aided Munition (GAM-113) over the China Lake Range near Edwards Air Force Base, Calif. This drop marked the first time the 4,700-pound conventional penetrating weapon was paired with the B-2.

News

SERE instructors teach 7th graders survival skills



TOP: Warrensburg Middle School seventh graders watch as Tech. Sgt. Matthew Garcia, 509th Operations Support Squadron survival, evasion, resistance and escape (SERE) specialist, builds a fire during the students' field day in Knob Noster State Park, Missouri, May 10, 2013. The students participated in a survival scenario quiz before they were separated in two groups for survival skills familiarization.

RIGHT: Staff Sgt. Cliff Cleveland, 509th Operations Support Squadron survival, evasion, resistance and escape (SERE) specialist, explains a survival scenario to Warrensburg Middle School seventh-graders in Knob Noster State Park, Mo., May 10, 2013. More than 140 students learned about several different types of shelters and how to build a fire during their field day.



U.S. Air Force photos/Staff Sqt. Alexandra M. Boutte



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Lion's Club-2nd & 4th Mon. 7 p.m. - Jubilation Center Chamber of Commerce-2nd Thurs. of each month.

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Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM

Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library -Knob Noster Branch

LOCAL ACTIVITIES

Alcoholics Anonymous (AA)-Every Fri. 8 p.m. - Basement of Meth

Knob Noster Board of Aldermen-1st & 3rd Tues. each month - Basement of City Hall

Whiteman Area Piecemakers Quilt Guild-3rd Thurs. each month 7 p.m. -Methodist Church

AMVETS-Membership Dinner 1st Tues. each month 6 p.m. - AMVETS

VFW-1st Fri. each month 7 p.m. - VFW Building VFW Auxiliary-1st Fri. each month 7 p.m. - VFW Building Boy Scouts - Troop 509 Methodist Church, Peter Blaszczyk, 660-563-6333 Cub Scouts - Pack 405 Bill Sander 687-1154

Cub Scouts - Pack 509 Methodist Church Girl Scouts - Jo Ellen Elwell 563-3514

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117 Team Whiteman members earn degrees

Congratulations are in order for the 117 candidates who received their degrees from the Community College of the Air Force, State Fair Community College, Park University and Webster University, during this spring's graduation ceremony on May 23 at Mission's End.

COMMUNITY COLLEGE OF THE AIR FORCE

Associate of Applied Science degree candidates

Douglas Beebe,

avionic systems technology

Rickey Brandenburg,

aircraft armament systems technology

Christopher Brown,

aviation maintenance technology

Anthony Cannon, human resource management

Kurtis Chase,

vehicle maintenance

Diana Cordell,

healthcare management

Matthew Cost,

aircrew safety systems technology

Michael Courtright,

allied health sciences

Shawn Cushman,

human resource management

James Davis,

aerospace ground equipment technology

Nathan Davis,

aviation maintenance technology

Cyrus Deloe,

aviation maintenance technology

Aaron Dittrich,

aerospace ground equipment technology

Jason Emry,

aviation maintenance technology

Joseph Estridge,

mechanical and electrical technology

Derrick Foote,

contracts management and aerospace ground equipment technology

Jamie Gilbert,

aircraft armament systems technology

Johnnie Hamilton,

aerospace ground equipment technology

William Hewitt,

logistics

Spenser Hicks,

construction technology

Jesse Hindt,

maintenance production management

Scott Kanny,

electronic systems technology

Athena Keller,

aircraft armament systems technology

Artem Kukharev,

information systems technology Joshua Larson,

criminal justice

aircraft armament systems technology

Joseph Mango,

aviation maintenance technology

Robiel Medero, aircraft armament systems technology

Timothy Lockard, aviation maintenance technology Matthew Long, construction technology and maintenance production management Melkeiveus Lovett, criminal justice Daren Luker.

Matthew Morris,

allied health sciences

Ariel Nakmanee,

healthcare management

Christopher Neal,

logistics

Lewillie Neal,

criminal justice

Kristipher Padden,

electronic systems technology

Houston Pettway,

information systems technology

Kerry Punches,

transportation

Samuel Randolph,

mechanical and electrical technology

Tiffany Ray,

criminal justice

Brooke Sanders,

aircraft armament systems technology

Jennifer Sherman,

allied health sciences

Alexander Silva,

mental health services

Christopher Simmons,

intelligence studies and technology

Kathryn Simpson,

munitions systems technology and paralegal

Patrick Smith,

financial management

Lafoundra Thompson,

human resource management

Jonathan Velaszquez,

criminal justice

Andrew Walch,

avionic systems technology Curtis Walston,

electronic systems technology

Mona Wendzillo,

social services

Jeremy Wheeler, air and space operations technology

Kennecia Williams,

emergency management

Joshua Willim,

mechanical and electrical technology

Melody Winterringer,

maintenance production management

Natasha Wohlwend,

diagnostic imaging technology

STATE FAIR **COMMUNITY COLLEGE**

Associate of Arts degree candidates

Rachel Marie Baldridge* **Kandis Benefield Andrew Silcox Binder** Cassandra Joy Burns** Carla M. Caldwell** Micaela Denise Fisk James G. Foster Tami Lynn Goodhart

William Hewitt Jessica L. Jewell

Gage J. Kendall

David Lawhead

Eric William Lewis

Denver R. Long III Howard Stanley Lyons Jr. **Crystal Manning David Martin**

Gene M. People Jr.*

Charlee M. Poree** Melissa Marie Slayton

Stacey R. Sondag•

James Stucks Charles A. Wilson

* With honors ** With highest honors

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PARK UNIVERSITY

Bachelor of Science degree candidates

Kyliene M. Acheson*, social psychology

Jessica A. Boling*,

management/accounting

Brian J. Boyet*, management

Angela Buisman,

social psychology

Quiana J. Cannon-Riggins, management/healthcare

Stephen P. DuBois*,

social psychology

Crystal K. Hampton, management and management/human

resources

Michael R. Howell*, management/computer information systems

Michael N. McIntosh,

management/computer information systems

Patricia A. McCrary*,

management/human resources

Kathi M. Nippert*,

management/health care and management/ human resources

Chad M. Obermiller*,

management/human resources

Jorge L. Rivera, management/computer information systems

Maki Rosario*,

management Dennis M. Sierra*,

management

Charles A. Taylor*,

criminal justice/law enforcement

Troy W. Trimnal, management/human resources

Bain C. Walling**, management/accounting

*Cum Laude **Magna Cum Laude ***Summa Cum Laude •Outstanding Graduate

WEBSTER UNIVERSITY

Master of Arts/Science degree candidates

Billy S. Barnett, management and leadership Martin A. Barr,

human resources development

Brett S. Berry, dual management and leadership and

human resources development

Jeremy S. Burney,

dual management and leadership and procurement and acquisitions management

Cullen L.G. Davidson,

information technology management Richard W. Harken,

information technology management

Shellie R. Hewitt*,

management and leadership Heidi M. Hunt.

dual management and leadership and human resources development

> Joseph A. Knothe*, management and leadership

Bonnie Myers*,

human resources development Shannon Elizabeth Scott,

human resources development

Adrienne Rose Stevens, human resources development Angela Jeanne Sullivan*,

human resources development **Master of Business Administration**

degree candidates

Pitor Cymer, emphasis in management and leadership Kinsey L. Feldmann,

emphasis in management and leadership Michael E. Stephens, emphasis in management and leadership

Master of Science degree candidates

Reid T. Bullock. finance

** Graduate academic honors (as of *Spring I 2013)*

Scholarships

The following recipients have been selected for the Air Force Association Pitsenbarger Award for the 2013 graduation:

Tech. Sgt. Nathan D. Davis,

72nd Test and Evaluation Squadron

Tech. Sgt. Brion R. Welch, 20th Reconnaissance Squadron Tech. Sgt. Kennecia J. Williams,

509th Bomb Wing Senior Airman Spenser L. Hicks,

509th Civil Engineer Squadron

Senior Airman Andrew Walch, 509th Maintenance Squadron

Senior Airman Dominique M. Roberts, 709th Munitions Squadron

The Warrior News May 24, 2013

LRS Airmen keep the 131st mission-ready at all times



U.S. Air National Guard photo/Staff Sqt. Sean Navarro

Missouri Air National Guard Senior Airman Adam Catts, 131st Logistics Readiness Squadron, secures a cargo strap as he prepares gear for movement during the 131st Bomb Wing's unit training assembly May 4, 2013, at Whiteman Air Force Base, Mo.

By Staff Sgt. Sean Navarro

131st Bomb Wing Public Affairs

Each month, Airmen in the 131st Bomb Wing drive hundreds of miles to Whiteman Air Force Base to be part of Team Whiteman operations and execute their specific mis-

Senior Airmen Adam Catts and Jeremiah Pressley, who work in material management, and Senior Airman Clarissa Worley, who works in the transportation management office of deployment and distributions, spent their May drill testing equipment, ordering uniforms, issuing deployment gear and ensuring the 131st's Airmen are always missionready, said Senior Master Sgt. William Aus-

"My Airmen make sure that everyone who deploys is kept supplied and safe," Austin said. "That includes keeping track of all of the new equipment and uniform requirements.'

Although based at Whiteman, the 131st Logistics Readiness Squadron is responsible for supporting Missouri Airmen across the state, said 1st Lt. Matthew Payne, 131st Logistics Readiness Squadron operations officer.

"One of the unique qualities of the LRS is that we have four distinct missions in five geographic locations," Payne said. "Our missions include everything from fueling airplanes to issuing parts to working deployment

The squadron's distinct missions include fuels, material management, deployments and distribution, and vehicle management, Pavne said.

Helping people is what keeps the Airmen motivated, said Catts.

"The best part of our job is the customer interaction. With my job, I've gotten to know most everyone in the wing."

Catts, a Warrensburg native, has spent the past five years as part of the Whiteman team. Currently assigned to the 131st LRS, he said his team support the total force integration mission at Whiteman, often offering support to other squadrons.

Working alongside Catts, Pressly and Worley are equally enthusiastic in their roles. Both said they intend to be lifers in the Missouri Air National Guard. A self-described military brat, Pressly enjoys staying active during his monthly drills. He recently helped clear out obsolete gear from the wing's warehouse, which had been left over from the 131st Bomb Wing's transition from Lambert

"The best part of this job is working with my hands," said Pressly.

Worley drives more than 330 miles to Whiteman each month so she can take part in

Worley said she gains a lot of satisfaction out of supporting the wing's mission and learning all of the roles within her section. Her senior NCOs try to keep everyone on their team in a two-year rotation to ensure mission capability if a member needs to be away from the shop.

We have a great team here that works well together," Austin said. "They provide top-notch customer service, and I would put them against anyone in the Air Force."

For more information about the Missouri National Guard, please visit www.moguard. com and our social media sites: www.facebook.com/Missouri.National.Guard; www. twitter.com/Missouri NG; www.youtube. com/MoNationalGuard; www.myspace.com/ missouri ng; www.flickr.com/photos/missouriguard; www.moguard.com/blog; www. pinterest.com/monationalguard/







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The Warrior May 24, 2013

Honoring Whiteman's namesake

Story and photos by Senior Airman Brigitte N. Brantley 509th Bomb Wing Public Affairs

SEDALIA, Mo. -- It was a life that began simply on a farm in Missouri and ended tragically on a Sunday morning in Hawaii.

On Dec. 7, 1941, 2nd Lt. George Whiteman had just lifted off in his P-40B Warhawk to fight back against the Japanese invasion of Oahu when enemy gunfire hit his cockpit, wounding him and throwing the plane out of control.

The plane crashed and Whiteman, just 22 years old, died from his injuries. Fourteen years later, the Air Force base just 20 miles from his hometown of Sedalia was renamed Whiteman Air Force Base in his honor.

Each year, members from Whiteman and the surrounding community hold a wreath-laying ceremony to remember the sacrifice this young lieutenant made. This year marked the 25th such year.

"It's about remembering those who gave their lives so we can experience the freedoms we have today," said John Rucker, a community member who was at the original wreath-laying ceremony in May 1988.

"When we started, it was just four of us who laid a box of flowers on Whiteman's gravesite," Rucker said. "We never realized where we'd be today with this tradition and it's wonderful to see how it has continually

One way Whiteman contributes to this annual tradition is by sending a flight of Airmen from the 509th Security Forces Squadron, Sedalia's "sister city," to stand as a formation throughout the ceremony.

"This is the least we could do to support Sedalia and the sacrifice Whiteman made," said Lt. Col. Christopher Neiman, 509th SFS commander. "We really appreciate being able to honor the flag and the lieutenant with our presence."

When the wreath-laying ceremonies started a quarter of a century ago, there were only a handful of attendees. At the ceremony this year, more than 150 people attended, including 25 of Whiteman's nephews, nieces, great-nephews, great-nieces, great-great-nephews and great-great-nieces.



The flag from 2nd Lt. George Whiteman's annual wreath-laying ceremony is folded by local Veterans of Foreign Wars May 18, 2013, in Sedalia, Mo. Nearby Whiteman Air Force Base was named in the young lieutenant's honor in 1955 after he died during World



Dave Rouchka, wreath-laying ceremony event coordinator, recounts 2nd Lt. George Whiteman's legacy during a wreath-laying ceremony May 18, 2013, in Sedalia, Mo., as members of the 509th Security Forces Squadron stands at attention in the background. The 509th SFS and Sedalia are "sister cities" and support each other in community events like this one.



Eva Myers, James Callis and John Rucker lay the wreath at 2nd Lt. George Whiteman's grave-side during an annual ceremony May 18, 2013, in Sedalia, Mo. All three of them were also present at the first wreath-laying ceremony 25 years ago.



Members from the local Veterans of Foreign Wars chapter salute while the flag is raised during a wreath-laying ceremony for 2nd Lt. George Whiteman May 18, 2013, in Sedalia, Mo. Whiteman, a Sedalia native, was one of the first Airmen to die during World War II when the Japanese attacked Pearl Harbor.



Sedalia native, was in the Air Force for less than two years when he became one of the first Airmen to die during World War II.



Joe Cochran, president of the local Veterans of Foreign Wars, salutes the flag held by Lt. Col. Christopher Neiman, 509th Security Forces Squadron commander, during a wreath-laying ceremony for 2nd Lt. George Whiteman May 18, 2013, in Sedalia, Mo. Whiteman, who was born in Sedalia in 1919, died during the attack on Pearl Harbor on Dec. 7, 1941.



Cadets from the Sedalia Army Junior ROTC Honor Guard raise a ceremonial flag to half-staff during a wreath-laying ceremony for 2nd Lt. George Whiteman May 18, 2013, in Sedalia, Mo. The cadets are also from Smith-Cotton High School, where Whiteman graduated from before enlisting in the Air Force.



The 509th Security Forces Squadron from Whiteman Air Force Base, Mo., pays respects to 2nd Lt. George Whiteman during the 25th annual wreath-laying ceremony May 18, 2013, in Sedalia, Mo. The 509th SFS and Sedalia are "sister cities" who help each other during community events which support Airmen.

News

Giving blood, saving lives



U.S. Air Force photo/Staff Sgt. Nick Wilson

Airman 1st Class Randolph Baez, 509th Civil Engineer Squadron blood donor, shares a laugh with Deb Stewart, American Red Cross collection technician, as she processes his blood at an American Red Cross blood drive at Whiteman Air Force Base, Mo., May 16, 2013. The American Red Cross supplies more than 40 percent of America's blood supply and provides blood for patients in more than 3,000 hospitals across the U.S.

By Staff Sgt. Nick Wilson

509th Bomb Wing Public Affairs

With a mission to provide life-saving blood to patients in times of crisis and disasters, the American Red Cross is the largest supplier of blood in the U.S.

Airmen, civilians and dependents alike contributed to that vital mission by participating in a blood drive sponsored by Red Cross at Whiteman May 16 to 17.

"Without a blood transfusion, my mother would have bled to death when she was pregnant with her second child and I never would have been here," said Airman 1st Class Clinton Cannon, Detachment 303 blood drive volunteer. "She collapsed because she was experiencing severe internal bleeding from a tubular pregnancy."

Cannon said this event keeps him coming back to either volunteer or donate blood every chance he gets.

"If there is a vehicle accident or a surgery, the blood people donate can be used to help a patient in need," said Betsy Bachofer, American Red Cross donor recruitment representative. "One pint of blood can save up to three lives."

Bachofer said the blood is also used in support of various Armed Forces and humanitarian missions all over the world.

The American Red Cross pioneered blood collections during World War II, when blood was collected in the U.S. and shipped overseas to support contingency operations, she said.

"We're saving lives," said 1st Lt. David Cwiakala, 509th Civil Engineer Squadron chief of operations support and blood drive coordinator. "In the military, it's highly likely that someday you or somebody you know is going to be in a really bad spot on the other side of the world and needs somebody else to have donated

a unit of blood to stay alive."

In addition to being responsible for coordinating blood drives, Cwiakala has also been donating blood since he was in college.

"I've donated at every drive that we've had here at Whiteman since I've been coordinating them," Cwiakala said. "I've organized six blood drives since June 2012."

The first day of the blood drive the team of American Red Cross collection technicians exceeded their goal of 60 pints of blood, ending up with a total of 78 pints.

Many donors chose to give blood with from the desire to lend a helping hand. Others donated because they had friends or family members who would have lost their lives if it was not for the generous donations of fellow citizens.

When American Red Cross holds blood drives, they sell the units of blood they receive to local hospitals, and they donate the proceeds to support various armed services programs.

"Each year the American Red Cross provides assistance to more than 2 million Service members and many of our nation's 24 million veterans,"Bachofer said. "We work under partnership agreements with the Air Force Aid Society, Army Emergency Relief, Coast Guard Mutual Assistance and Navy-Marine Corps Relief Society to provide financial assistants to Service members 24/7."

Bachofer said the financial assistance can be provided for emergency travel funds, burial of loved ones and emergency food and shelter, among other things.

"Through partnerships with the Department of Defense and Veterans Affairs, the Red Cross provides transition and reintegration support to wounded warriors, to veterans, and to their families," Bachofer said.















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Eat right and fat will take flight

By Heidi Hunt

509th Bomb Wing Public Affairs

(Editor's note: This is part two of a two-part series about the 509th Medical Operations Squadron Health and Wellness Center and their highlighting of National Physical Fitness and Sports Month.)

Changing bad eating habits can lead to overall better health, but, for some,getting to the heart of the matter can be difficult without the proper knowledge on how to get there

To help Airmen and their families learn how to "eat the best and leave the rest," the Whiteman Health and Wellness Center offers monthly commissary tours focused on promoting health awareness.

"Attending a commissary tour is an excellent opportunity to point Team Whiteman toward a direction of eating healthier," said Valerie Rogers, 509th Medical Operation Squadron community dietitian. "We familiarize consumers with how to read labels and help them make better decisions when grocery shopping."

During a tour, a registered dietician focuses on getting to know the needs of attendees and gives them oneon-one attention if they have any particular requirements or needs. Attendees have the opportunity to ask questions and receive answers about common grocery items, and are provided a comprehensive aisle-by-aisle tour of the commissary.

"Other topics I address pertain to maintaining a healthier diet, controlling portions, finding hidden sugars and possible fallacies hidden in labels, and teaching about nutritional value," Rogers said. "It can be easy to become confused about what is healthy and what isn't."

Poor eating habits can lead to numerous long-term health issues, such as heart disease, diabetes, obesity, hypertension, high cholesterol, overall poor health and slow recovery from illness and injury, said Rogers.

"We show consumers different avenues to be healthier by teaching them about alternative choices they can make,"Rogers said. "For example, we usually let them know that fresh is a better option."

While choosing the healthier road can be more timeconsuming, it is certainly the better way to go, she said.

"We can also provide consumers with short cuts that can be helpful for them,"Rogers said.

Staff Sgt. Brett Lodwick, 509th Munitions Squadron munitions systems craftsman, said he is glad he attended a commissary tour because his family learned how to better read food labels and not make food-purchasing decisions based on advertising, but on nutritional value instead.

"We also learned how important ingredients are when combined and when watching calories, sodium intake and sugars," Lodwick said. "Knowing how to keep a watchful eye on what we eat is really important. It was a good learning experience."

Lodwick added that he would recommend the commissary tour to anyone who has difficulty maintaining a healthy lifestyle or is curious about bettering his or her health.

For more information about healthy lifestyle choices or the commissary tour schedule, contact the Health and Wellness Center at 660-687-3438(DIET), or search Whiteman HAWC on Facebook.



Staff Sgt. Brett Lodwick, 509th Munitions Squadron munitions systems craftsman, reaches for a gallon of milk to compare ingredients during a commissary tour at Whiteman Air Force Base, Mo., May 10, 2013. The Health and Wellness Center provides monthly tours of the commissary to familiarize Team Whiteman with the nutritional value of groceries they choices.



Aissa Lodwick, wife of Staff Sgt. Brett Lodwick, 509th Munitions Squadron munitions systems craftsman, learns about the benefits of eating fresh vegetables during a commissary tour at Whiteman Air Force Base, May 10, 2013. During the tour, a 509th Medical Operations Squadron community dietitian teaches consumers how to make healthier food selections while grocery shopping.

A Whiteman family takes part in a commissary tour provided by the Whiteman Health and Wellness Center at Whiteman Air Force Base, Mo., May 10, 2013. The tour began with the produce section and went through each aisle to teach participants about researching labels and making healthy eating choices.

U.S. Air Force photos/ Heidi Hunt





Staff Sgt. Brett Lodwick, 509th Munitions Squadron munitions systems craftsman, listens as Valerie Rogers, 509th Medical Operations Squadron community dietitian, explains the different ingredients in similar products during a commissary tour at Whiteman Air Force Base, Mo., May 10, 2013. Commissary tours are given once a month by a HAWC dietitian and provide a unique opportunity to help change buying habits.

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SUNDAY 5/26

Hula Class- 3-4pm - Fitness Center

Learn how to hula, with Sandra Neiman at the Fitness Center every Sunday from 3-4pm! Call 687-5496 for more info.

MONDAY 5/27

Memorial Day Grand Opening- Base Pool

The Pool will open from 1:15-6pm, for all sorts of swimmers to kick-off the summer! Call 687-5565 for more info.

Memorial Day Golf Tournament- Royal Oaks G.C. 4 person scramble, 9am shotgun start. 100% of entry fees will

be paid out as prizes to each flight based on entries. Prizes for closest to pin on all par 3's, longest putt on hole 18. Prizes paid using Air Force Services gift cards. Free small bucket of range balls the morning of the tournament. Sign up now to compete in this great kick-off to summer golf. Call 687-5572 for more.

WEDNESDAY 5/29

Boss & Buddy-Starts at 4:30pm- Mission's End

Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-44

FRIDAY 5/31

Blue Plate Special- 11am-2pm- Royal Oaks G.C. Join us for "Fish Friday" at Royal Oak's Duffer's Grill and grab some lunch for only \$6.75. Includes main entree, 2 sides, 1 roll & a fountain soda. For more information please call Duffer's Grill at 687-5573.

COMING SOON!

Whiteman AFB Triathlon- June 21- Fitness Center

5K Run, 10K Bike & 432 Meter Swim all included in this great chance to show off your physical strengths. Compete for the top award! For more information please call the Fitness Center

Whiteman's Got Talent- June 21- Mission's End

Show off your talents & compete for 1st prize of \$750! Auditions begin in early June, from 6-8pm at Mission's End. For more information please call Mr. Joshua Bailey at 687-6130.

Family Campout- June 21-23 - Outdoor Recreation

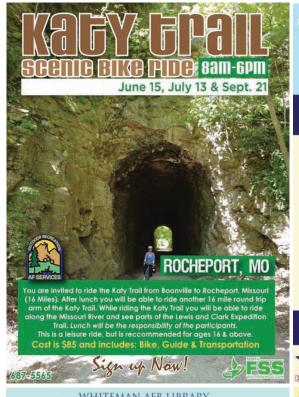
Outdoor Rec has teamed up with the Missouri State Parks for a fun-filled day! Instructional classes for kayaking, archery, paddle boarding and much more. Participants are responsible for providing their own meals and sleeping bags. ODR will provide round trip transportation, tents and a grill to include charcoal and cooking utensils. Friday afternoon/night will be camp set up. Saturday is open to your choice of many different activities. Sunday morning there will be a sunrise hike for those who would like to watch the sun rise. After the hike we will break camp, pack and head back to Whiteman. For more information please call Outdoor Recreation at 687-5565.

Be sure to check out our weekly newsletter at www.whitemanfss.com, or in your email via: "whiteman all" message at the beginning of every week!

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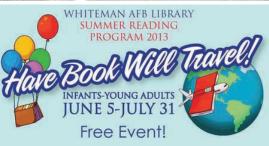
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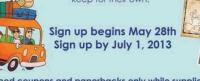
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Children of all ages (birth-18yrs) may sign up to participate.
Sign ups begin on May 28th. Each child or young adult receives
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Each title read is written in his/her reading log.

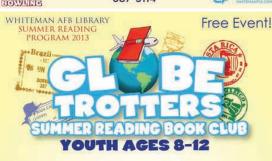
Each child or young adult who achieves his/her reading goal ceives a certificate of completion, McDonalds/Pizza Hut coupon and may select one free paperback (Scholastic Inc.) to keep for their own.



Food coupons and paperbacks only while supplies last. Reading logs must be turned in to receive certificate of completion no later than Saturday, August 10, 2013.

687-5614





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Sign up begins May 28th

Food coupons and paperbacks only while supplies last. Reading logs must be turned in to receive certificate of completion no later than Saturday, August 10, 2013.

687-5614



FCC NEWS

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Call the FCC office for more details at 687-5590.

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This program provides free overnight, weekend and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted licensed family child care home. Call the FCC office for more details at 687-5590.

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509 FSS PAGE EDITOR: KYLE C. HAMRICK CONTACT US! 687-7929

Person on the Street:

Remembering Memorial Day

By Heidi Hunt 509th Bomb Wing Public Affairs

Memorial Day is a time to remember the men and women who made the ultimate sacrifice while serving in the U.S. Armed Forces. Recently, a Whiteman Public Affairs member stepped out to talk to members of Team Whiteman about remembering Memorial Day. This is what they had to say:

1. What does Memorial Day mean to you?

"A celebration of the Red, White and Blue. The recognition and thanks to those who have sacrificed for the defense of America. Men

and women who willingly fight side by side in the air, on the sea, across the land and in space to preserve the God given

Retired Master Sgt. Mark Carter,
 509th Force Support Squadron education specialist

"Memorial Day is a day to stop and

think about all the men and women who put our country before themselves so the average person can keep going about their daily lives."

right of FREEDOM."



Senior Airman Jesse Kaspala,
 509th Communication Squadron radio
 frequency transmission systems technician

2. What are your plans for Memorial Day weekend?

"To let my son spend time with family. This will be his first warmweathered family gathering. Also, to show him what Memorial Day really means, at an early age."



Senior Airman Darshayla Hayes,
 394th Combat Training Squadron knowledge operations manager

"I am going home to Minneapolis this

Men to frie to l free hav The

Memorial Day weekend to be with family and friends. It means a lot to be able to enjoy my freedoms with them and have fun in the spring. The military culture is

not strong in Minnesota, but during Memorial Day, people seem to show their patriotism, which is very inspiring to see."

– 2nd Lt. Andrew Glover,

509th Maintenance Group executive officer

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